



WHO TO CALL

A Parent & Protector sheet for new college students

Krav Maga Hawaii Academy

See sooner. Decide better. Act earlier. Walk in Peace.

STUDENT NAME

SCHOOL

HOUSING / DORM

ROOM

IF YOU'RE NOT SURE WHO TO CALL

Call Parent 1 first. No answer? Parent 2. Then the next name on this list. Keep calling. Don't wait for perfect certainty.

WHEN IT'S URGENT

Life-threatening emergency	911
Campus safety / police (non-emergency)	
City / county police (non-emergency)	
Campus support / advocate line	

FAMILY — CALL ANYTIME

Parent 1 — name & phone	
Parent 2 — name & phone	
Other trusted adult	
Relative / close family	

If no one answers: keep going down the list. Text "call me" to Parent 1 and Parent 2 at the same time if it's urgent.

WHERE YOU LIVE ON CAMPUS

Front desk / housing office	
Residence coordinator	
RA — name & phone	
Roommate — name, phone, their emergency contact	
Dean of Students / student life	

HEALTH & STEADY GROUND

Suicide & Crisis Lifeline (U.S.)	988
Poison Control (U.S.)	1-800-222-1222
Student health center	
Counseling / mental health	
Pharmacy	
Urgent care near campus	
Health insurance member services	
Member ID	

IF POLICE OR CONDUCT ARE INVOLVED

Attorney — name & phone	
Firm / address	

Stay calm and polite. Don't argue your case on the spot. Don't consent to a search. Call a parent and the attorney. If you're stopped, ask clearly: am I free to leave?

LOST WALLET, PHONE, OR ID

Campus ID / card office	
Bank — card services	
Credit card issuer	
Phone carrier	

Freeze cards first, then call a parent. Act the same day — it's not a 911 call, but waiting makes it worse.

CAR & ROADSIDE

Vehicle (year / make / model)	
Roadside assistance	
Auto insurance — claims	
Policy #	

DO THIS ONCE — BEFORE MOVE-IN

- ☐ Save every number above in the student's phone
- ☐ Parent and student each keep a filled copy
- ☐ Text Parent 1 the RA name and number
- ☐ Put one copy on the dorm wall, one in a wallet
- ☐ Update this sheet every semester

Keep off the wall copy: SSN, passwords, full bank numbers, VIN.

Those stay with a parent or in a locked note — not on a dorm wall.

FROM KRAV MAGA HAWAII ACADEMY — FOR PARENTS

Self-defense starts before the attack. This sheet is preparedness, not paranoia — so your student has options when something feels off.

Fill it together. Practice one call. Then walk in peace.